



## Aunt Helena

The Wellingtons are in place at the back door, Dear Reader, along with the impermeable yellow slicker and rain boots — Aunt Helena is ready for winter walks and happy sloshing through puddles. The advent of serious rain — as predicted by our favorite weather forecaster, Mr. Jeff Popick, meteorologist extraordinaire — brings thoughts of cozy evenings by a warm fire poring over garden catalogs and writing out extensive wish lists of sprig cuttings and seeds that will probably never get planted.

Aunt Helena was thrilled to hear that many of you have been inquiring about **Girls On the Run Napa Valley**, founded by **Janet Todd, Wendy Cole, Erin Przybylinski** and **Michele Beard**, and mentioned in this very space last week. The after-school running program is for third- to fifth-grade girls who will meet twice a week to work on healthy living, team building and community service while preparing for a 5K road race. To enroll your daughter or to volunteer with GOTR Napa Valley, here is a better phone number than the one mentioned: Call Janet at 968-0692, or go online to [info@gotrnapavalley.org](mailto:info@gotrnapavalley.org).

St. Helena Star Thursday, February 9, 2006

# 'Girls on the Run' sign-ups begin

By Carolyn Younger

STAFF WRITER

Sign-ups are underway for Girls On The Run Napa Valley, a new program for girls in third through fifth grades, at any fitness level and attending any school.

Girls interested in joining GOTR can meet the coaches today from 3 to 4:30 p.m. in the Carnegie Building on Oak and Adams.

The 10-week after-school program combines running and a wellness curriculum. Participants will meet twice a week to focus on developing a strong sense of identity, building supportive relationships and contributing to the community, at the same time they prepare for running in a 5K road race, according to Janet Todd, president, executive director and coach of the Napa Valley program.

Todd, Michelle Beard, Wendy Cole and Erin Przybylinski, who do double duty as GOTR officers and coaches, founded the Napa Valley council in fall 2005 and have set up a partnership with the St. Helena school district and the Boys & Girls Club.

The first GOTR was started in 1996 in Charlotte, N.C. by Molly Barker, a four time Hawaii Ironman triathlete with a master's degree in

social work. The original group had 13 girls. Now there are more than 15,000 girls in 100 councils across the country and in Canada.

The St. Helena program runs from March 6 through May 20. Group 1 meets at Carpy Field at the St. Helena Elementary School, Mondays from 3:15 to 4:40 p.m. and Wednesdays from 2:15 to 3:30 p.m.

Group 2 meets at Carpy Field Tuesdays and Thursdays from 3:15 to 4:30 p.m.

Both groups get the week of April 10 off for spring break but by May 20, the girls will be ready to "run, walk, skip, jump, leap, hop or cartwheel" to the finish line of a GOTR 3.1 mile race in Marin County, Todd said.

The program fee is \$125 and includes the training sessions, a T-shirt, water bottle, race entry fee, bracelet and snacks at each session. Scholarships are available but registration is limited to 15 girls per group and based on a first come, first served basis.

Forms can be picked up at Crush, Sportago or St. Helena Cyclery, or by going online to [www.gotrnapavalley.org](http://www.gotrnapavalley.org) and clicking on the "register now" page. The deadline for completed registration forms and payment is March 1.

For additional information call GOTR Napa Valley at 968-0692 or send an e-mail to [info@gotrnapavalley.org](mailto:info@gotrnapavalley.org)



## Aunt Helena

**I**t's been that kind of a week, Dear Reader, and there is more to come so take a deep breath and hold on to your hat — here we go.



**Gene O'Fallon** reminds us that the final concert in the excellent music series, "**Heart of the Napa Valley**," will be held this Sunday at 4 p.m. at the St. Helena Presbyterian Church. This lovely Mother's Day offering features I Cantori, a select 28-member choral ensemble from Pacific Union College, singing a program of mostly sacred music. Bruce Rasmussen is the conductor. A meet-the-artists reception follows. While admission is free, a \$10 donation is suggested.



From **Janet Todd** we learn that **Girls on the Run Napa Valley**, an innovative after-school running program for 8 to 11-year-old girls, is putting out a call for adult runners and triathletes interested in raising funds for the program. The fund-raising group, dubbed Team Tiara, will meet at Health Spa Napa Valley, 1030 Main St. Wednesday, May 17, at 7:30 p.m. And because this is the Napa Valley, there will be appetizers, wine and a raffle of sporty items. If you would like to help raise money for this worthy cause, give Janet a call, 968-0692.